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DIET PLAN FOR FRUCTOSE MALABSORPTION

Mar 28, 2011 | By [Gianna Rose](#)

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If you suffer from fructose malabsorption, foods containing fructose--a sugar your body can't absorb--cause gas, bloating, burping and diarrhea. Fructose malabsorption is being diagnosed more often and should be suspected in people with symptoms of the disorder and those already diagnosed with irritable bowel syndrome, according to the University of Iowa. Fructose malabsorption must not be confused with hereditary fructose intolerance, a rare and sometimes deadly genetic disorder usually discovered during childhood. If you're affected by fructose malabsorption, avoiding foods that contain fructose will alleviate uncomfortable symptoms. Consult a doctor for a complete list of foods to avoid.

AVOID FRUITS HIGH IN FRUCTOSE

Fructose is absorbed well in the presence of an equal amount of glucose. Only foods that contain more fructose than glucose cause symptoms if you have fructose malabsorption. Avoid fruits with excess fructose--watermelon, pineapple, orange, honeydew melon, mandarin orange, pear, apple, mango, Asian pear, starfruit, pineapple, custard apple and peach, according to an article titled "Clinical Ramifications of

Malabsorption of Fructose and Other Short-chain Carbohydrates" by Jacqueline S. Barrett and Peter R. Glibson in the "Practical Gastroenterology."

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AVOID HONEY

Avoid honey if you suffer from fructose malabsorption. Honey is a food that contains more fructose than glucose--1 tbsp. of honey has 6.8 g of glucose and 8.2 g of fructose.

DON'T EAT FOODS SWEETENED WITH FRUCTOSE

Read food labels and avoid foods that list fructose, high-fructose corn syrup or corn syrup solids as ingredients. High-fructose corn syrup is a cheap sweetener that's now used in many foods and beverages, which is bad news for those with symptoms of fructose malabsorption. High-fructose corn syrup is often present in many sweetened drinks, such as fruit drinks and soda, and in tomato paste, many canned foods, pancake syrups, jams and jellies, barbecue sauce, sweet and sour sauce, ketchup, relish, and candy. It's also possible to find it in liquid medications, such as cough syrups and pain relievers.



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AVOID FOODS WITH HIGH FRUCTOSE LOADS

Foods that contain a high amount of fructose--even if it's balanced with glucose--have a high fructose load and cause problems when ingested in large amounts. Orange juice, which contains the juice of up to six oranges per cup, may cause symptoms while eating one orange might not. Figs and lychee fruit may also be problematic when eaten in large amounts. No more than 1/3 cup of any fruit juice or 1 tbsp. of any dried fruit should be eaten at one time.

AVOID SORBITOL

Sorbitol, a sweetener known as a sugar alcohol, becomes fructose when it's digested. Read labels on food and beverages and avoid those containing sorbitol.

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- The University of Iowa News Services: Advances Made in Fructose Intolerance Recognition and Research

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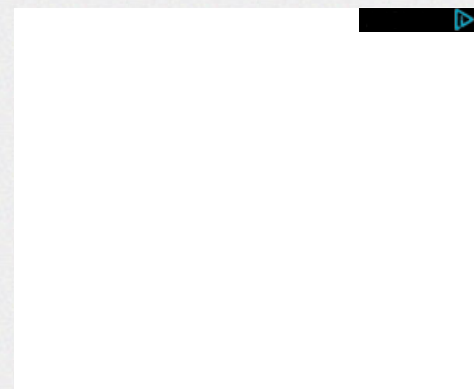
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